

Sri Chinmoy 5K Race

Battersea Park, London

14th June 2022

DASHING DEER 5K



**SRI CHINMOY
MARATHON TEAM**



www.runandbecome.com

WINNERS						
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE
Men U/50						
1	Jack	Ramm	Dulwich Runners AC	Male	00:15:04	33
2	Flurry	Grierson	Highgate	Male	00:15:22	20
3	Sonny	Maund		Male	00:15:31	17
4	Andy	Bond	dulwich runners ac	Male	00:15:33	48
5	Brandon	Dewar	Herne Hill Harriers	Male	00:15:34	30
6	Tom	Brookes	VICTORIA PARK HARRIERS & TOWEL	Male	00:15:39	28
7	Ben	Howe	dulwich runners ac	Male	00:15:41	33
Women U/50						
1	Georgie	Grgec	Herne Hill Harriers	Female	00:16:09	28
2	Sophie	Harris	Herne Hill Harriers	Female	00:16:49	29
3	Nina	Griffith	Highgate Harriers	Female	00:16:52	36
4	Rose	Penfold	Fulham Running Club	Female	00:17:19	31
5	Bethanie	Murray	Thames Hare & Hounds	Female	00:17:30	26
6	Lauren	Major	Tonbridge Athletics Club	Female	00:17:31	37
7	Kay	Sheedy	Dulwich runners	Female	00:18:02	37
Men Vet 50						
1	Terry	Booth	Guildford & Godalming AC	Male	00:16:41	55
2	Will	Pitt	kent ac	Male	00:16:58	50
3	Grzegorz	Galezia	dulwich runners ac	Male	00:17:56	52
Women Vet 50						
1	Yvette	Dore	dulwich runners ac	Female	00:20:30	50
2	Emma	Ibell	dulwich runners ac	Female	00:21:02	50
3	Michelle	Lennon	Dulwich runners	Female	00:21:16	55
Men Vet 60						
1	Alex	Davidson	Highgate Harriers	Male	00:18:23	61
2	Eberhard	Prill	Dulwich runners	Male	00:19:34	60
Women Vet 60						
1	Avril	Riddell	Serpentine Rc	Female	00:25:43	68
2	Carole	Wisdom	serpentine running club	Female	00:30:51	64
Men Vet 70						
1	MICHAEL	Mann	dulwich runners ac	Male	00:23:34	73
Women Vet 70						
1	ROS	Tabor	Dulwich Runners	Female	00:26:13	72
Women Under 16						
1	Laila	Morrell	South London harriers	Female	00:22:53	15
2	Jasmine	Bell	Croydon Harriers	Female	00:25:13	15

ALL RESULTS BELOW

“Congratulations on completing the race. Ours is a runbritain-licensed event and therefore your time is included in calculating your free runbritain handicap score. More than 66,000 runners of all standards have now claimed their runbritain handicap score. As well as giving you a current score, between scratch and 36.0, your free personalised running biog page includes your current national ranking by age band and postcode, your position on the national ladder, your progress graph, your strongest distance, a head-to-head comparison with other runners and downloadable training schedules to improve your score next time you race. Your handicap score also updates automatically every time you complete a licensed event. To claim your score now, click on <http://www.runbritainrankings.com/user/claimhandicap.aspx>”

RESULTS									
RANK	NAME	SURNAME	CLUB	M F	TIME	AGE	CATEGORY	CAT. POS.	Race Number

1	Jack	Ramm	Dulwich Runners AC	Male	00:15:04	33	M U/50	1	615
2	Flurry	Grierson	Highgate	Male	00:15:22	20	M U/50	2	767
3	Sonny	Maund		Male	00:15:31	17	M U/50	3	605
4	Andy	Bond	dulwich runners ac	Male	00:15:33	48	M U/50	4	552
5	Brandon	Dewar	Herne Hill Harriers	Male	00:15:34	30	M U/50	5	638
6	Tom	Brookes	VICTORIA PARK HARRIERS & TOWER	Male	00:15:39	28	M U/50	6	554
7	Ben	Howe	dulwich runners ac	Male	00:15:41	33	M U/50	7	588
8	Chris	Mason	Ealing Southall & Middlesex Athletic	Male	00:15:41	38	M U/50	8	639
9	Joe	Hallsworth	dulwich runners ac	Male	00:15:42	30	M U/50	9	584
10	Chad	Wolpert	London City Athletics Club	Male	00:15:43	32	M U/50	10	630
11	Joe	Elliott	Herne Hill Harriers	Male	00:15:45	27	M U/50	11	574
12	Chris	Palfreeman	Victoria Park & Tower Hamlets AC	Male	00:15:46	29	M U/50	12	612
13	Victor	Lio	Serpentine	Male	00:15:59	33	M U/50	13	601
14	thomas	south	Dulwich Runner AC	Male	00:16:03	46	M U/50	14	624
15	Ryan	Evans	South London harriers	Male	00:16:07	37	M U/50	15	362
16	Timothy	Bowen	dulwich runners ac	Male	00:16:08	38	M U/50	16	334
17	Georgie	Grgec	Herne Hill Harriers	Female	00:16:09	28	W U/50	1	108
18	Ross	Brown	Herne Hill Harriers	Male	00:16:15	34	M U/50	17	337
19	Will	Cullen	South London harriers	Male	00:16:16	32	M U/50	18	571
20	Aaron	Wilson	dulwich runners ac	Male	00:16:22	30	M U/50	19	629
21	Daniel	Reynolds	Wimbledon Windmilers	Male	00:16:23	34	M U/50	20	616
22	Luke	Rowland	London City Athletics Club	Male	00:16:24	31	M U/50	21	620
23	Tim	Jenns	the stragglers rc	Male	00:16:25	46	M U/50	22	589
24	Dominic	Howarth	Victoria Park Harriers & Tower Haml	Male	00:16:27	24	M U/50	23	587
25	Kit	Grierson	independent	Male	00:16:39	27	M U/50	24	645
26	Shane	O'Neill	Dulwich runners	Male	00:16:41	33	M U/50	25	610
27	Terry	Booth	Guildford & Godalming AC	Male	00:16:41	55	M V50	1	820
28	Tom	Shakhli	dulwich runners ac	Male	00:16:45	39	M U/50	26	622
29	Kieran	Page	kent ac	Male	00:16:45	36	M U/50	27	611
30	Luke	Smith	Belgrave Harriers	Male	00:16:46	36	M U/50	28	460
31	Robert	Emes	Dulwich Runner AC	Male	00:16:46	42	M U/50	29	575
32	Fintan	Parkinson	blackheath & bromley harriers ac	Male	00:16:47	43	M U/50	30	613
33	Hugh	Stobart	Dulwich RC	Male	00:16:48	32	M U/50	31	473
34	Sophie	Harris	Herne Hill Harriers	Female	00:16:49	29	W U/50	2	28
35	Steve	Woolley	west 4 harriers	Male	00:16:51	40	M U/50	32	487
36	Nina	Griffith	Highgate Harriers	Female	00:16:52	36	W U/50	3	109
37	David	Comb	Winchester & District A.C.	Male	00:16:53	42	M U/50	33	564
38	Will	Pitt	kent ac	Male	00:16:58	50	M V50	2	823
39	Adrian	Russell	dulwich runners ac	Male	00:16:59	45	M U/50	34	621
40	Paul	Calver	Herne Hill Harriers	Male	00:16:59	41	M U/50	35	342
41	Adam	May	Hercules Wimbledon	Male	00:17:07	41	M U/50	36	392
42	James	Murray	kent ac	Male	00:17:08	37	M U/50	37	644
43	Robin	Jones	Herne Hill Harriers	Male	00:17:10	49	M U/50	38	598
44	Philip	Woodford-Smith	Kent Athletic Club	Male	00:17:12	38	M U/50	39	649
45	Oliver	Morrison	Herne Hill Harriers	Male	00:17:16	45	M U/50	40	608
46	Rose	Penfold	Fulham Running Club	Female	00:17:19	31	W U/50	4	103
47	Kevin	Chadwick	Dulwich runners	Male	00:17:19	41	M U/50	41	344
48	Joe	Wood	dulwich runners ac	Male	00:17:20	31	M U/50	42	631
49	MARK	CALLAGHAN	dulwich runners ac	Male	00:17:23	47	M U/50	43	559
50	Brandan	Morrell	South London harriers	Male	00:17:24	16	M U/50	44	637
51	Valentin	Rigori	Belgrave Harriers	Male	00:17:25	26	M U/50	45	617

52	Bethanie	Murray	Thames Hare & Hounds	Female	00:17:30	26	W U/50	5	102
53	Lauren	Major	Tonbridge Athletics Club	Female	00:17:31		W U/50	6	762
54	Alex	Loftus	Dulwich Runner AC	Male	00:17:46	46	M U/50	46	602
55	Eugene	Cross	dulwich runners ac	Male	00:17:48	41	M U/50	47	641
56	Tom	Williams	Fulham Running Club	Male	00:17:48	35	M U/50	48	657
57	James	Burrows	dulwich runners ac	Male	00:17:54	42	M U/50	49	557
58	Alex	Veres	West4Harriers	Male	00:17:56	32	M U/50	50	653
59	Grzegorz	Galezia	dulwich runners ac	Male	00:17:56	52	M V50	3	829
60	Ben	Pickford	Bishop's Stortford Running Club	Male	00:17:57	42	M U/50	51	614
61	Joe	Farrington-Douglas	dulwich runners ac	Male	00:17:58	43	M U/50	52	576
62	Daniel	Gillett	South London harriers	Male	00:17:59	52	M V50	4	830
63	Kay	Sheedy	Dulwich runners	Female	00:18:02	37	W U/50	7	105
64	Jonathan	Ratcliffe	Herne Hill Harriers	Male	00:18:04	55	M V50	5	814
65	Harry	Lawson	dulwich runners ac	Male	00:18:07	28	M U/50	53	643
66	Alex Jan	Mackula	Thames Hare and Hounds	Male	00:18:08	37	M U/50	54	603
67	Ben	Gilmore	Guildford & Godalming AC	Male	00:18:18	44	M U/50	55	536
68	Rob	Fawn	Dulwich Runner AC	Male	00:18:22	40	M U/50	56	577
69	Alex	Davidson	Highgate Harriers	Male	00:18:23	61	M V60	1	716
70	Scott	Rice	Thurrock Harriers AC	Male	00:18:25	51	M V50	6	835
71	Cyn	Cano	Trent Park RC	Female	00:18:32	35	W U/50	8	88
72	Peter	Fuller		Male	00:18:38	27	M U/50	57	648
73	Kate	Carter	Wimbledon Windmilers	Female	00:18:42	45	W U/50	9	89
74	Tim	Sharp	Kent Athletic Club	Male	00:18:49	44	M U/50	58	455
75	Sum	Mattu	Dulwich runners	Male	00:18:55	36	M U/50	59	651
76	Aidan	Thomson		Male	00:18:56	25	M U/50	60	476
77	Jason	Walkingshaw	Best Athletics	Male	00:19:04	42	M U/50	61	627
78	Cara	Huckstep	Trent Park RC	Female	00:19:04	39	W U/50	10	98
79	Mark	Fuller		Male	00:19:04	29	M U/50	62	646
80	Rob	Jones	SHAEF Shifters	Male	00:19:09	50	M V50	7	808
81	Austin	Laylee	Dulwich runners	Male	00:19:10	26	M U/50	63	635
82	Gavin	Megaw	Guildford & Godalming AC	Male	00:19:12	45	M U/50	64	607
83	Alistair	Love	orpington road runners	Male	00:19:15	37	M U/50	65	634
84	Shaun	Melvin	west 4 harriers	Male	00:19:15	38	M U/50	66	397
85	Clare	Mullenger	Wimbledon Windmilers	Female	00:19:21	43	W U/50	11	101
86	Thomas	Goodey	Mornington Chasers	Male	00:19:23	25	M U/50	67	583
87	kristofer	bjork	Best Athletics	Male	00:19:26	41	M U/50	68	551
88	Dominic	Goodrum		Male	00:19:26	42	M U/50	69	640
89	Anja	Greenwood	trent park running club	Female	00:19:29	44	W U/50	12	95
90	Eberhard	Prill	Dulwich runners	Male	00:19:44	60	M V60	2	714
91	Nick	Rowe	SHAEF Shifters	Male	00:19:47	55	M V50	8	833
92	Imran	Ahmed	Serpentine Running and Athletics Cl	Male	00:19:49	55	M V50	9	824
93	Douglas	Wood	Fulham Running Club	Male	00:19:56	36	M U/50	70	523
94	Mark	Kell	Serpentine	Male	00:20:05	41	M U/50	71	647
95	Pete	Crockford	London Heathside AC	Male	00:20:08	64	M V60	3	701
96	Hugh	French	dulwich runners ac	Male	00:20:15	46	M U/50	72	580
97	Jonathan	Cheal	the stragglers rc	Male	00:20:16	53	M V50	10	827
98	Robert	Adjety		Male	00:20:19	37	M U/50	73	550
99	kieren	Geaney	Serpentine	Male	00:20:24	43	M U/50	74	582
100	thomas	cheetham	hercules wimbledon a.c.	Male	00:20:25	55	M V50	11	804
101	Yvette	Dore	dulwich runners ac	Female	00:20:30	50	W V50	1	936
102	Ed	Smyth	dulwich runners ac	Male	00:20:40	40	M U/50	75	623
103	Katie	Simmonds	Haslemere border athletics club	Female	00:20:41	31	W U/50	13	114
104	Alice	Malin	Fulham Running Club	Female	00:20:42	24	W U/50	14	40
105	Stewart	Bond	Hercules Wimbledon	Male	00:20:45	53	M V50	12	836
106	Alice	Steele	Clapham Chasers	Female	00:20:49	24	W U/50	15	112
107	Emma	Ibell	dulwich runners ac	Female	00:21:02	50	W V50	2	928

108	maf	Foster	dulwich runners ac	Male	00:21:02	56	M V50	13	834
109	Michael	Maiman	Fulham Running Club	Male	00:21:05	41	M U/50	76	604
110	Jessica	Davies	Thames Hare and Hounds	Female	00:21:06	32	W U/50	16	91
111	Martin	Double	Dulwich Runner AC	Male	00:21:07	45	M U/50	77	572
112	Michelle	Lennon	Dulwich runners	Female	00:21:16	55	WV50	3	929
113	Jamie	Young	Clapham Chasers	Male	00:21:24	34	M U/50	78	654
114	Martin	Milward	Fulham Running Club	Male	00:21:35	67	M V60	4	704
115	Emma	Benyon	dulwich runners ac	Female	00:21:50	36	W U/50	17	85
116	Daniel	Lewis	Mornington Chasers	Male	00:21:52	45	M U/50	79	386
117	Ian	Butler	Thames Hare & Hounds	Male	00:22:11	60	M V60	5	718
118	Shun-Lai	Chan	South London harriers	Female	00:22:28	52	WV50	4	921
119	Sam	Jenkins	Fulham Running Club	Male	00:22:30	35	M U/50	80	656
120	James	Twist		Male	00:22:32	61	M V60	6	707
121	Neville	Webb	dulwich runners ac	Male	00:22:32	66	M V60	7	725
122	Christina	DIMITROV	Dulwich runners	Female	00:22:51	37	W U/50	18	113
123	Laila	Morrell	South London harriers	Female	00:22:53	15	W U/16	1	766
124	Joseph	Brady	dulwich runners ac	Male	00:22:56	56	M V50	14	825
125	Ian	McCarthy	Cambridge Harriers	Male	00:23:24	65	M V60	8	720
126	Doug	Carse	Wimbledon Windmilers	Male	00:23:30	68	M V60	9	719
127	MICHAEL	Mann	dulwich runners ac	Male	00:23:34	73	M V70	1	759
128	Emily	Riddell	London City Runners	Female	00:24:08	25	W U/50	19	104
129	Rachel	Doody	Wimbledon Windmilers	Female	00:24:21	33	W U/50	20	93
130	Sunanda	Sarker-Bell	Croydon Harriers	Female	00:24:58	56	WV50	5	930
131	Joanne	Walker	Fulham Running Club	Female	00:25:02	33	W U/50	21	81
132	Chiara	Cristoni		Female	00:25:09	49	W U/50	22	90
133	Alasdair	Robetys		Male	00:25:12	30	M U/50	81	652
134	Jasmine	Bell	Croydon Harriers	Female	00:25:13	15	W U/16	2	761
135	James	Saunders	Holland Sports AC	Male	00:25:35	54	M V50	15	816
136	Avril	Riddell	Serpentine Rc	Female	00:25:43	68	WV60	1	722
137	ROS	Tabor	Dulwich rRunners	Female	00:26:13	72	WV70	1	764
138	Levent	Erkan	Helpzone	Male	00:26:40	52	M V50	16	828
139	Andrew	Murray	dulwich runners ac	Male	00:26:54	69	M V60	10	721
140	John	Sparrow	South London harriers	Male	00:26:57	60	M V60	11	724
141	Claire	Steward	dulwich runners ac	Female	00:27:05	70	WV70	2	763
142	Ameet	Patel		Male	00:27:13	58	M V50	17	832
143	Nina	Trevarthen	Crawley Saints and Sinners Running	Female	00:27:34	55	WV50	6	931
144	Vesna	Hogan	Team Real Runners	Female	00:27:53	54	WV50	7	927
145	Penny	Elliott	Waverley Harriers	Female	00:28:14	79	WV70	3	758
146	Michael	Leigh	Hercules Wimbledon	Male	00:30:08	78	M V70	2	755
147	Carole	Wisdom	serpentine running club	Female	00:30:51	64	WV60	2	723
148	Alan	Davidson	liss runners	Male	00:31:20	75	M V70	3	754
149	David	Hallson	Road Runners Club	Male	00:36:59	69	M V60	12	728
150	Karen	Sparrow		Female	00:43:04	54	WV50	8	727